



## Stay active and be happy!

Youth today are more likely to be overweight than in past years. Youth have found television and video games to occupy their time rather than physical activity. Activities like watching television or playing video games discourage youth from being active indoors and outdoors at school and at home. For youth to understand this, they need role models to look up to. Children should be active a minimum of one hour per day.

### Did you know?

- Children who are active and exercise regularly are more likely to live longer, healthier lives than those who do not.
- Being active can greatly reduce serious health risks.
- Being active also includes eating healthy.
- Youth endure stress while in school; being in-shape and healthy can reduce stress levels.
- Participation in all types of physical activity declines as age and/or grade in school increases.
- Social support from family and friends has been consistently and positively related to regular physical activity.
- Children who do not get enough sleep are more apt to be overweight.
- The most important part of the future is our youth. Keeping them healthy should be a priority, not just a goal.

### Contact Us:

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### Ways to stay active:

#### Outdoor ideas

- Start a morning walking club to and from school with parents or neighbors as guides.
- Organize after school programs where youth participate in activities that promote exercise and health. (tag, kickball, etc.)
- Send youth to summer camps that promote being active.
- Plan a program where students receive points for each hour of physical activity outside of school. Bonus points are awarded for family involvement. Teams could be divided up by grades. Give recognition twice a year to the team with the most points.

#### Classroom ideas

- Have students do active assignments for different subjects in school; for example, add a math problem and walk as many steps as the answer equals.
- Take breaks in between lessons to stretch and move around to keep students moving instead of sitting in their desks all day.
- Provide lessons on how to be active and have students practice them in the classroom throughout the day.
- Through the school intercom system, take 10 minutes a day for classes to do a 2 minute warm up/3 minute cardio/3 minute strength/2 minute cool down. Classroom teachers would receive instructions prior to the daily activity. Use upbeat music.

